Nike + iPod
User Guide

Apple Inc.

www.nikeplus.com/support

English, Français, Español, Português, Italiano, Deutsch, Nederlands, Ελληνικά, Dansk, Svenska, Suomi, Русский, Čeština, Polska, Magyar, Hrvatski, Slovenský, Slovenski, Lietuvių, Eesti, Latviešu, Türkçe, 日本語, עברית, عربية

Contents

Welcome to Nike + iPod

Your Personal Workout Assistant

Nike + iPod is a workout partner and coach all in one. Select the type of workout you want—open-ended, distance, time, or calorie-burning—choose music to keep you motivated, and then keep track of your progress every step of the way with spoken and onscreen feedback. Upload your workout date to nikeplus.com, where you can set goals, monitor your improvement from workout to workout, and even join the world's largest online running community, participating in challenges with runners from across the globe.

Nike + iPod is supported by iPod nano (4th generation) and iPod touch (2nd generation), as well as all previous iPod nano models.

Quick Start

Follow these instructions to get started using Nike + iPod right away.

Step 1: Enable Nike + iPod on your iPod.

- *iPod nano:* Attach the Nike + iPod receiver to iPod nano. Nike + iPod appears as an option on the main menu.
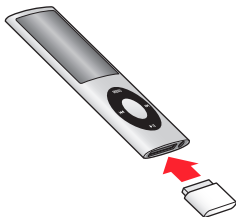
- *iPod touch:* Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen.

  Note: iPod touch has an internal receiver; no externally attached receiver is required.

Step 2: Make sure you have the latest iPod and iTunes software.

1 Download and install the latest iTunes software to your computer from www.apple.com/itunes. You need iTunes 7.0 or later.

2 Connect iPod to your computer, select iPod in the iTunes sidebar, and click Summary.

3 If iTunes says your iPod needs an update, click Update and follow the onscreen instructions.

Step 3: Insert the Nike + iPod Sensor in your Nike+ ready shoe.

- Lift the insole of the left shoe, remove the foam insert from the pocket underneath, and replace it with the sensor.

Lift the insole and place the
sensor in the pocket, flat side up.
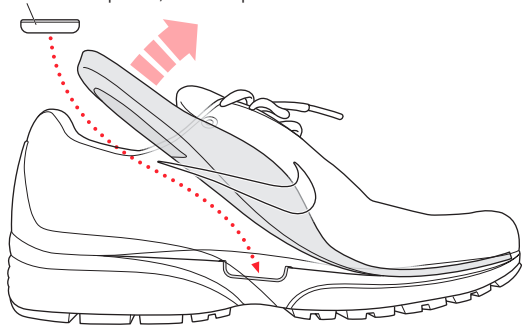
You can leave the sensor in your shoe when you aren't working out, but if you plan to wear your shoes for a long time without working out, we recommend replacing the sensor with the foam insert to save battery life.

Step 4: **Choose a type of workout.**

To choose	Do this
An open-ended workout	*iPod nano:* Choose Nike + iPod > New Workout > Basic.
	iPod touch: Choose Nike + iPod > Basic.
A workout with a time goal	*iPod nano:* Choose Nike + iPod > New Workout > Time.
	iPod touch: Choose Nike + iPod > Time.
A workout with a distance goal	*iPod nano:* Choose Nike + iPod > New Workout > Distance.
	iPod touch: Choose Nike + iPod > Distance.
A workout with a calorie burning goal	*iPod nano:* Choose Nike + iPod > Settings > Weight and enter your weight. Then click the Menu button, and choose Nike + iPod > New Workout > Calorie.
	iPod touch: Choose Settings > Nike + iPod > Weight and set your weight. Then press the Home button, and choose Nike + iPod > Calorie.
	Note: You need to enter your weight only the first time you start a calorie burning workout.
A custom workout shortcut	*iPod nano:* Choose Nike + iPod and choose a workout shortcut.
	iPod touch: Choose Nike + iPod, tap My Workouts, and choose a workout shortcut.
	Note: First-time users should see "Creating and Selecting Custom Workout Shortcuts" on page 17.

Step 5: Choose music to accompany your workout.

To play	Do this
A Nike+ Workout mix	Choose the mix (see page 18).
The currently playing song	Choose Now Playing.
Songs from a playlist	Choose Playlists and choose a playlist.
Songs in random order	Choose Shuffle Songs.
No music	Choose None.

Step 6: Start your workout.

- *iPod nano:* Press the Center button and begin walking or running.
- *iPod touch:* Tap Play and begin walking or running.

Step 7: Monitor your progress.

Nike + iPod automatically displays your workout status on the iPod screen.

iPod nano   iPod touch

Periodically, Nike + iPod also gives you spoken feedback on your progress (see "Getting Spoken Feedback" on page 14).

To get spoken feedback manually:

- *iPod nano:* Press the Center button at any time during your workout.
- *iPod touch:* Press the Home button at any time during your workout.

Note: iPod touch must be locked to get spoken feedback manually (see "Getting Spoken Feedback" on page 14).

Step 8: End your workout.

You can end your workout at any time. If you continue working out after you reach your time, distance, or calorie goal, iPod continues to monitor your progress.

To end your workout:

- *iPod nano:* Press the Play/Pause (▶︎❙❙) button to pause your workout. Then press the Menu button and choose End Workout.

- *iPod touch:* Press End Workout. If iPod touch is locked, press the Home button and tap Pause. Then drag the slider to unlock iPod touch, and tap End Workout.

iPod stores your most recent workout data for future reference.

Step 9: Track your progress at nikeplus.com.
When you connect iPod to your computer, iTunes sends your workout data over the Internet to nikeplus.com, where you can track your progress over time, view a record of all of your past workouts, set and monitor goals, and compare your results with others. You can even compete with other online Nike + iPod users in workout challenges.

To send your workout data to nikeplus.com:

1 After a workout, connect your iPod to your computer. iTunes opens automatically.

2 Click Send in the dialog that asks if you want to send your workout data to nikeplus.com.

3 Click Visit in the dialog that asks if you want to go to nikeplus.com.
The nikeplus.com website opens with your most recent workout graphed on the homepage.

4 Click Save Your Runs, then click Sign Me Up and follow the onscreen instructions.

Once you've set iTunes to send your workout data to nikeplus.com, iTunes sends the latest data automatically over the Internet whenever you connect iPod to your computer. The nikeplus.com website opens, and you're logged in automatically.

When your iPod isn't connected to your computer, you can go to www.nikeplus.com and enter your Login ID and password. See the nikeplus.com website for Nike's privacy policy and terms and conditions.

Using Nike + iPod

Follow these instructions to get the most out of Nike + iPod.

Note: Some features are new with iPod nano (4th generation).

Calibrating Nike + iPod

The default calibration for Nike + iPod is quite accurate for many users. You can improve the accuracy by calibrating Nike + iPod to your natural running and walking style.

To calibrate Nike + iPod for running and walking:

1 *iPod nano:* Choose Nike + iPod > Settings > Sensor > Calibrate.
   iPod touch: Choose Nike + iPod > Calibration.

2 Choose Run and enter a distance.

   Note: You must travel at least a quarter of a mile for calibration to be successful.

3 Choose music to accompany your calibration workout.

4 *iPod nano:* Press the Center button.
   iPod touch: Tap Play.

   Then run the set distance at a steady, natural pace.

5 *iPod nano:* Press the Menu button and choose Done Calibrating.
iPod touch: Tap End Workout, and tap Done.

A message tells you if the calibration was successful.

6 Repeat steps 1–4, choosing Walk in step 2 and walking at a steady, natural pace in step 4.

Note: Even after calibrating, the accuracy of the distance measurements may vary depending on gait, running surface, incline, and temperature.

To calibrate using your latest completed workout:
You can calibrate Nike + iPod using the workout you just finished. This is useful if you've traveled a known distance that doesn't match the summary distance displayed on your iPod. At the end of your workout:

- *iPod nano:* Choose End Workout, and then choose Calibrate. Set the correct distance you walked or ran, and press the Center button.
- *iPod touch:* Tap End Workout, then tap Calibration and set the correct distance you walked or ran. Tap Save, then tap Done.

iPod senses whether the workout was a walk or run and correctly uses the new calibration to override the existing one.

To reset Nike + iPod calibration to the default setting:
- *iPod nano:* Choose Nike + iPod > Settings > Sensor > Calibrate > Reset Walk or Reset Run.
- *iPod touch:* Choose Nike + iPod > Calibration > Run or Walk and then choose "Reset to Default."

Setting the Units of Distance

You can set Nike + iPod to measure your workouts in either miles or kilometers.

To set the units of distance:

- *iPod nano:* Choose Nike + iPod > Settings, and set Distances to Miles or Kilometers.

- *iPod touch:* Choose Settings > Nike + iPod > Distances, then choose Miles or Kilometers.

Entering Your Weight

To enter your weight:

- *iPod nano:* Choose Nike + iPod > Settings > Weight and enter your weight.

- *iPod touch:* Choose Settings > Nike + iPod > Weight and enter your weight.

For better accuracy in calculating calories burned, update your weight if it changes.

Locking iPod touch During a Workout

You can lock iPod touch so that its controls can't be accidentally activated during a workout.

To lock iPod touch:

- Press the Sleep/Wake button.

To unlock, press the Sleep/Wake button or the Home button and drag the slider.

Getting Spoken Feedback

As you work out, Nike + iPod periodically gives spoken feedback on your status.

To get spoken feedback manually:

- *iPod nano:* Press the Center button at any time during your workout.

- *iPod touch:* Press the Home button while iPod touch is locked.

To set the voice type or turn spoken feedback off:

- *iPod nano:* Choose Nike + iPod > Settings and set Spoken Feedback to Male, Female, or Off.
- *iPod touch:* Choose Settings > Nike + iPod > Spoken Feedback, then choose Male, Female, or Off.

If spoken feedback is turned off, you can still get spoken feedback manually.

Note: On iPod nano, spoken feedback is available in some languages besides English. If you set your iPod to one of these languages and connect your iPod to your computer (which must be connected to the Internet), iTunes prompts you to download feedback in that language. On iPod nano, you can have only one non-English version of spoken feedback on your iPod at a time.

On iPod touch, all spoken feedback languages are supported automatically.

Using a PowerSong

You can choose a motivational song as your PowerSong. At any time during your workout, you can jump to the song.

To choose a PowerSong:

- *iPod nano:* Choose Nike + iPod > Settings > PowerSong, and choose any song.
- *iPod touch:* Choose Settings > Nike + iPod > PowerSong, and choose any song.

To play your PowerSong:

- *iPod nano:* Press and hold the Center button at any time during a workout. After a short pause, the song plays.
- *iPod touch:* Tap PowerSong on the workout screen. Or, if iPod touch is locked, press the Home button twice, and then tap PowerSong.

Pausing a Workout

You can pause your workout at any time, temporarily stopping music and data collection, and resume the workout later without losing any data.

To pause or resume a workout:

- *iPod nano:* Press the Play/Pause (►❙❙) button.

- *iPod touch:* Tap Pause. Or, if iPod touch is locked, press the Home button once, and then tap Pause. Tap Play to resume your workout.

Changing Music During a Workout

You can change your music at any time during a workout. Because your workout is paused during the transition, you can resume it without losing your workout data.

To change music during a workout:

1 *iPod nano:* Press the Menu button and choose Change Music. Your workout pauses. *iPod touch:* If iPod is not locked, tap Pause. If iPod is locked, press the Home button, drag the slider to unlock, and tap Pause. Tap Change Music.

2 *iPod nano:* Select music. Your workout resumes automatically. *iPod touch:* Select music. Tap the top of the music screen to return to your workout, then tap Play.

Reviewing Recent Workouts on Your iPod

Your iPod saves the date, time, duration, distance, pace, and calories burned for up to your last thousand workouts.

To review recent workouts on your iPod:

- *iPod nano:* Choose Nike + iPod > History.

- *iPod touch:* Choose Nike + iPod, then tap History at the bottom of the screen.

To erase a single workout session:

1 Choose Nike + iPod > History and choose a workout session.

2 *iPod nano:* Choose a workout session, click the Center button, and choose Delete.
  iPod touch: Tap Edit, choose a workout session, and tap Delete.

On iPod touch, you can delete all workout sessions from History by tapping Clear at the top of the History screen.

Creating and Selecting Custom Workout Shortcuts

iPod nano (4th generation only) automatically saves your completed workouts as shortcuts, and iPod touch lets you create workout shortcuts. You can then select a custom workout shortcut to easily repeat a workout.

To create a custom workout shortcut on iPod touch:

- Choose Nike + iPod and tap My Workouts at the bottom of the screen.

- Tap Plus (+), choose the type of workout and the workout goal, select music, enter a name for the workout, and tap Save.

Note: You can create custom workout shortcuts only on iPod touch (2nd generation).

To delete a custom workout shortcut on iPod touch:

- Choose Nike + iPod and and tap My Workouts. Tap Edit, choose a shortcut, and tap Delete. Tap Done.

To choose a custom workout shortcut on your iPod:

- *iPod nano:* Choose Nike + iPod and choose a shortcut. Shortcuts are named according to the type of workout and music. They can't be deleted.

- *iPod touch:* Choose Nike + iPod and tap My Workouts. Shortcuts are listed by the name you specified when you created the workout.

Your most recent custom workout shortcut appears at the top of the list.

Purchasing and Downloading Nike+ Workouts

You can purchase and download Nike+ Workouts featuring continuous music mixed with professional coaching. Choose mixes for your level and style of workout.

To purchase a Nike+ Workout:

1 Open iTunes and type "Nike Sport Music" in the iTunes search field.

2 Click the Buy button next to the Nike+ Workout of your choice.

3 Connect iPod to your computer and load the workout onto iPod.

When you purchase a Nike+ Workout, you get a single workout track with music and voiceover, and you also get all the individual songs in the mix.

Note: The iTunes Store is available only to people age 13 or older, in the U.S. and many other countries; for a list of countries, see www.apple.com/itunes/download. Terms apply. You must have Internet access (fees may apply) to use the iTunes Store.

Using a Nike + iPod Remote

You can use a Nike+ compatible remote (sold separately) to control Nike + iPod wirelessly while you work out. Before using a remote for the first time, you must link the iPod nano receiver to it.

To link to a remote:

1 Connect the receiver to an iPod nano.

2 Choose Nike + iPod > Settings > Remote > Link, and follow the onscreen instructions.

To turn remote functionality on or off for iPod nano:

▪ Choose Nike + iPod > Settings > Remote, and set Remote to On or Off.

To unlink a remote from iPod nano:

▪ Choose Nike + iPod > Settings > Remote > Unlink, and follow the onscreen instructions.

Linking to Another Sensor

You can use your iPod nano or your iPod touch with more than one Nike + iPod Sensor. You may want to do this, for example, if there's more than one person in your family with a sensor and Nike+ ready shoes. Each time you use an iPod with a different sensor, you must link to that sensor.

If you connect an iPod nano external receiver to a different iPod and use it with the same sensor, the receiver remembers your settings, your workout history, and your workout shortcuts. You don't need to relink or recalibrate.

To link to another sensor:

1 *iPod nano:* Connect the receiver to an iPod.

2 Put on the shoes with the new sensor, and make sure there is no other Nike + iPod Sensor nearby.

Walk around to activate the sensor so your receiver (internal or external) can detect it.

3 *iPod nano:* Choose Nike + iPod > Settings > Sensor > Link and follow the onscreen instructions. A message says iPod is now linked to the new sensor.
*iPod touch:* Choose Settings > Nike + iPod > Sensor, tap Link New, and follow the onscreen instructions.

Note: If you link to a previously linked sensor, Nike + iPod remembers your calibration settings. You don't need to recalibrate.

Putting the Nike + iPod Sensor to Sleep

The sensor is awake and on by default. If you want to store the sensor for a long period of time or make it stop transmitting, you can put it to sleep.

To put the sensor to sleep:

▪ Use a pen or a paper clip to press and hold the Sleep/Wake button for three seconds.
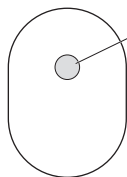
Sleep/Wake button
Press and hold for three seconds to put to sleep.
Press to wake.

Important: Put the sensor to sleep before taking it on an aircraft, to comply with applicable government regulations.

To wake the sensor:

▪ Use a pen or a paper clip to press the Sleep/Wake button.

Important Safety Information

Exercising Before starting any exercise program, you should have a complete physical examination by your physician. Do a warmup or stretching exercise before beginning any workout. Be careful and attentive while exercising. Slow down, if necessary, before adjusting your iPod while running. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Choking hazard The receiver and sensor are potential choking hazards. Keep them away from children under three years of age.

Avoid hearing damage Permanent hearing loss may occur if earbuds or headphones are used at high volume. Set the volume to a safe level. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use earbuds or headphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.

Disassembling the sensor Do not attempt to open the sensor, disassemble it, or remove the battery. No user-serviceable parts are inside. Do not use the receiver or iPod in or near water or wet locations.

Learning More, Service, and Support

For	Do this
Answers to frequently asked questions about Nike + iPod	Go to www.apple.com/support/nikeplus.
Service and support for the Nike + iPod Sensor and Receiver	Go to www.apple.com/support/nikeplus.
Service and support for Nike+ ready shoes or the nikeplus.com website	Go to www.nikeplus.com.
Information about using iTunes	Open iTunes and choose Help > iTunes Help.
Information about using iPod	Go to www.apple.com/support/ipod.

Regulatory Compliance Information

FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. See instructions if interference to radio or television reception is suspected.

Radio and Television Interference

This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly—that is, in strict accordance with Apple's instructions—it may cause interference with radio and television reception.

This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices.

If your computer system does cause interference to radio or television reception, try to correct the interference by using one or more of the following measures:

• Turn the television or radio antenna until the interference stops.

• Move the computer to one side or the other of the television or radio.

• Move the computer farther away from the television or radio.

• Plug the computer into an outlet that is on a different circuit from the television or radio. (That is, make certain the computer and the television or radio are on circuits controlled by different circuit breakers or fuses.)

If necessary, consult an Apple-authorized service provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/television technician for additional suggestions.

Changes or modifications to this product not authorized by Apple Inc. could void the EMC compliance and negate your authority to operate the product.

This product was tested for EMC compliance under conditions that included the use of Apple peripheral devices and Apple shielded cables and connectors between system components. It is important that you use Apple peripheral devices and shielded cables and connectors between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices. You can obtain Apple peripheral devices and the proper shielded cables and connectors through an Apple-authorized dealer. For non-Apple peripheral devices, contact the manufacturer or dealer for assistance.

Responsible party (contact for FCC matters only):
Apple Inc. Corporate Compliance,
1 Infinite Loop M/S 26-A, Cupertino, CA 95014-2084

Wireless Information

FCC Wireless Compliance for the Nike + iPod Sensor. The antenna used with this transmitter must not be colocated or operated in conjunction with any other antenna or transmitter subject to the conditions of the FCC Grant.

Industry Canada Statement
This Class B device meets all requirements of the Canadian interference-causing equipment regulations.

Cet appareil numérique de la Class B respecte toutes les exigences du Règlement sur le matériel brouilleur du Canada.

European Wireless EU Declaration of Conformity
This wireless device complies with the specifications EN 300 328, EN 301-489, EN 50371, and EN 60950 following the provisions of the R&TTE Directive.

Industry Canada Statement

Complies with the Canadian ICES-003 Class B, RSS 200 specifications. Cet appareil numérique de la classe B est conforme à la norme NMB-003 RSS 210 du Canada.

European Community

Complies with European Directives 72/23/EEC, 89/336/EEC, and 99/5/EEC.

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Exposure to Radio Frequency Energy

The radiated output power of the included devices is far below the FCC radio frequency exposure limits.

Disposal and Recycling Information

The Nike + iPod Sensor contains a battery. Dispose of your Nike + iPod Sensor according to local environmental laws and guidelines. When discarding shoes, remove the Nike + iPod Sensor and dispose of it properly.

For information about Apple's recycling program, go to www.apple.com/environment.

California: The coin cell battery in your sensor contains perchlorates. Special handling and disposal may apply. Refer to www.dts.ca.gov/hazardouswaste/perchlorate.

Deutschland: Dieses Gerät enthält Batterien. Bitte nicht in den Hausmüll werfen. Entsorgen Sie dieses Gerät am Ende seines Lebenszyklus entsprechend der maßgeblichen gesetzlichen Regelungen.

Nederlands: Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponeerd.

Taiwan:

廢電池請回收

European Union—Disposal Information:
The symbol above means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

Union Européenne : informations sur l'élimination
Le symbole ci-dessus signifie que vous devez vous débarasser de votre produit sans le mélanger avec les ordures ménagères, selon les normes et la législation de votre pays. Lorsque ce produit n'est plus utilisable, portez-le dans un centre de traitement des déchets agréé par les autorités locales. Certains centres acceptent les produits gratuitement. Le traitement et le recyclage séparé de votre produit lors de son élimination aideront à préserver les ressources naturelles et à protéger l'environnement et la santé des êtres humains.

Europäische Union – Informationen zur Entsorgung
Das Symbol oben bedeutet, dass dieses Produkt entsprechend den geltenden gesetzlichen Vorschriften und getrennt vom Hausmüll entsorgt werden muss. Geben Sie dieses Produkt zur Entsorgung bei einer offiziellen Sammelstelle ab. Bei einigen Sammelstellen können Produkte zur Entsorgung unentgeltlich abgegeben werden. Durch das separate Sammeln und Recycling werden die natürlichen Ressourcen geschont und es ist sichergestellt, dass beim Recycling des Produkts alle Bestimmungen zum Schutz von Gesundheit und Umwelt beachtet werden.

Unione Europea: informazioni per l'eliminazione
Questo simbolo significa che, in base alle leggi e alle norme locali, il prodotto dovrebbe essere eliminato separatamente dai rifiuti casalinghi. Quando il prodotto diventa inutilizzabile, portarlo nel punto di raccolta stabilito dalle autorità locali. Alcuni punti di raccolta accettano i prodotti gratuitamente. La raccolta separata e il riciclaggio del prodotto al momento dell'eliminazione aiutano a conservare le risorse naturali e assicurano che venga riciclato in maniera tale da salvaguardare la salute umana e l'ambiente.

Europeiska unionen – uttjänta produkter
Symbolen ovan betyder att produkten enligt lokala lagar och bestämmelser inte får kastas tillsammans med hushållsavfallet. När produkten har tjänat ut måste den tas till en återvinningsstation som utsetts av lokala myndigheter. Vissa återvinningsstationer tar kostnadsfritt hand om uttjänta produkter. Genom att låta den uttjänta produkten tas om hand för återvinning hjälper du till att spara naturresurser och skydda hälsa och miljö.

Apple and the Environment

At Apple, we recognize our responsibility to minimize the environmental impacts of our operations and products.

For more information, go to www.apple.com/environment.

www.apple.com/ipod/nike
www.apple.com/support/nikeplus